

PREVENTIVE HEALTH GUIDANCE FOR OLDER CHILDREN

7-10 YEARS

NUTRITION

- encourage 3 meals/day 1600-2000 calories/day
- encourage family mealtime
- limit high-fat foods; candy, chips, soda
- encourage more fruits and vegetables
- females; weight issues

PHYSICAL ASSESSMENT

- height, weight and weight for height
- scoliosis - refer for curves > 15-20 degrees
- early puberty (girls)
- caries, dental anomalies, malocclusion, injuries
- annual PPD if indicated
- vision/hearing screening
- evidence neglect or abuse

UNINTENTIONAL INJURY PREVENTION

- teach sports safety - need for protective equipment
- accidents - chief cause of death
- should take responsibility to always wear seat belt; are parents using seat belts?
- teach swimming rules and a healthy respect for water
- avoid having loaded gun at home
- teach how to interact with strangers - never let a stranger in the house; never get into a stranger's car
- use sunscreen before going outside
- have regular fire drills at home; smoke detector in home
- do not allow to operate power lawn mower/motorized farm equipment
- resolve conflict without violence
- wear helmet when riding bicycle

INTENTIONAL INJURY PREVENTION

- stay away from guns and other weapons
- seek adult help if have thoughts of hurting self
- report any physical, sexual abuse to someone trusted

SEXUALITY

- answer questions appropriate to level of understanding
- for girls: prepare for menstruation
- have age - appropriate sexual ed. books in home; encourage to ask

SCHOOL ISSUES

- encourage dialogue about school, friends, feelings
- promote positive communication with teachers
- become involved with School

SOCIAL/PEER ISSUES

- strong peer influences; peers becoming more important than family
- "best friend" (same sex)

HEALTH HABITS

- models parents' healthy lifestyle
- suggested bedtime 8-9 pm
- no using of alcohol or tobacco (cigarettes or smokeless)
- develop good body image
- brush teeth at least 2x/day; floss
- dental checkup every 6 mos.

FAMILY ISSUES

- praise personal successes
- set limits on unacceptable behavior
- discuss family expectations
- know and meet friends
- spend quality time with child
- TV has big influence; limit amount and monitor/discuss programs
- discuss allowance
- begin to choose role models besides parents
- assess violence potential
- assess witnessing of family violence

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